

BRIDGES

MUSIC:

The Department Heads ride the line between hard rock and progressive **P. 4**

ON THE SCENE:

At the Glass Slipper Benefit for Princesses **P. 14**

GARDENING:

Now's the time to prune those unruly trees and shrubs **P. 20**

WEDNESDAY, APRIL 9, 2014

A STARPHOENIX COMMUNITY NEWSPAPER

PORTRAITS OF A TRAVELLER

HOW DUSTY MAIN
FINDS HIMSELF
FAR, FAR FROM HOME **P. 6**



FREE

IN THE CITY

APRIL 6, 2014 — 11:08 P.M.

Making connections



Robin Poston, Ashley Johnson and Kara Nichols participate in a workshop exploring the approaches and connections between creative processes through a series of guided exercises at Studio 255 in Saskatoon. The workshop was held as part of the Remembering Anissa project which celebrates the life and work Anissa Bouché a dancer, actor and movement researcher. #Anissa #Anissa #Anissa #Anissa

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ON THE COVER PG. 6



Of all the countless San Antonio entrepreneurs, Dustin Mann has vibrant success in his backyard. Here, he shows artwork and souvenirs he brought back from his last trip. BRIDGES PHOTO BY MICHELLE BEING

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SHARP EATS PG. 29



It's always tea time at Little Bird Restaurant. Here, a photo by Michelle Being

BRIDGES COVER PHOTO BY MICHELLE BEING

Bridges is published by The StarPhoenix — a division of Postmedia Network Inc. — at 204 Fifth Avenue North, Saskatoon, Sask. S4N 2P1

Bridges Managing Editor: Jennifer Peterson, Managing Editor: Jean Sharp, Associate Editor: For advertising inquiries contact: 637-6340, editorial: 637-6337, home delivery: 637-6320. Hours of operation: Monday to Friday 8:30 a.m. to 4:30 p.m.

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MUSIC

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THE DEPARTMENTS HEADS

Hard rock therapy

By Sean Tremblath

After years of taking whatever pay he could find, Sean Mitchell was looking for a release. He found it in the band that would become The Department Heads.

The career San Antonio musician, who plays a variety of styles and instruments, was feeling the grind.

"I had been doing a lot of gigs just for the paycheck. It was just on everything I didn't want to be doing," Mitchell says.

He said it gave local musician Arlen Kopp decided to start a band. Mitchell would play drums and Kopp — normally a drummer — would play bass. They recruited Jeff Cox on guitar and Kopp's roommate as vocals. They called themselves *Blackbriar*.

The initial idea was for a punk band, so free of pretension as possible.

"It was a conscious choice I think we were disillusioned with some musicians, for various reasons and just getting back to the really good thing seemed to be a possible answer," Mitchell says.

They started with a few covers — Motörhead, Deep Purple — but they were writing their own stuff almost right away. Although they were going for the strapped-down punk sound, their musical backgrounds led to songs a bit too complex for the band.

"It never really ended up being a punk band because some of our arrangements were really simple enough to call that," Cox says.

Blackbriar lasted three years, but the three musicians' tastes still they needed a new direction. They recruited their vocalist, started working on new stuff and changed their name to The Department Heads.

These casual blues-rockers were more intricate, riding the line between hard rock and prog-rock.

"It's almost pretty heavy. It doesn't give you a lot of time to rest," says Cox.

The last piece of the puzzle came



The Department Heads (From left) Jeff Cox, Sean Mitchell, Arlen Kopp and Lindsay Adams. SEAN MITCHELL: JEFF COX; ARLEN KOPP: JEFF COX; LINDSAY ADAMS: JEFF COX

about a year later. Local singer Lindsay Adams told them she wanted in.

Even before she auditioned, we knew she would be singing to the band. She had the attitude, and I had seen her demand the theatre, so I knew she could sing," Mitchell said.

The new lineup played their first gig on New Year's Eve, just as 2012 was starting out. Right away, it was apparent Adams brought new life to the group.

What she has added is big time stage presence and an audience. We struggled to have an audience with

the previous band. Lindsay had a loyal fan base before she was even in a band," Mitchell says.

"She has an incredibly powerful voice. And she was excited about it. That makes a huge difference," adds Cox.

With the lineup set, the band started gigging around town and writing new material. They all contribute songs Cox says. Usually, one of them will come to practice with a tune sketched out and the rest of them level a hand filing it out while still respecting the writer's ownership.

If you bring a tune you kind of hold the lineup card. I think we kind of try to help each other realize what ever we intended that song to be," Cox says.

As you would expect, song parts written by one of them take on new life in the hands of another.

"We're different musicians and we play in different ways. I play a lot of guitar parts Sean wrote and I like them a lot but we have different hands, different fingers and different styles. I think that gives us a lot more variety," Cox says.

Then, six months ago, things changed again. Kopp is with his first child. Two months later Cox had his first. All of a sudden rehearsal time had to be scheduled around parenthood.

"Just time to rehearse, really is the biggest thing," says Cox.

It has been an adjustment, but the band members feel like they've not done it all.

"They're slowing guys, so they're rising to that challenge," says Mitchell. He added that Kopp's wife has been a big help along the way.

We're really loud. We had to test it out with their son, and he seems to enjoy it, or at least it doesn't bother him.

— Sam Mitchell



Aron Rizzo



Sam Mitchell



Lindsay Adams



Arif Coor

"She will let us, amazingly, practice on the instrument at least once a week. We're really loud. We had to test it out with their son, and he seems to enjoy it, or at least it doesn't bother him. Really loud for us," he says.

Now a few months into the parent/hood thing, the band has reestablished a rhythm and are back to playing shows. "There has been some talk of an album — they definitely have enough material — but money and time are scarce. Recording is something they hope to look at a bit down the road."

"It would be tragic if we didn't just pause of this stuff," he says. "I hope."

For now they'll stick to playing shows

around town, with an eye toward some sort of small tour in the near future. For Mitchell, The Department Band will continue to be a project that lets him keep his musical passion going. Whatever else happens, happens.

"I won't allow myself big dreams for this band. There was a time where I thought, 'Well, this is why I'm in my early sixties, and I put this band that started as a lot of a jerk together. Wouldn't it be ironic if this was the year that we look on the road and become a big deal?' I toyed with that idea briefly. I don't really any more, but life is full of surprises."

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ON THE COVER

Every sunrise is insane and every sunset is magical. . . . Every day is an adventure.

—Dustin Main

#DUSTIN MAIN

Finding yourself in far-flung places



Seaside entrepreneur Dustin Main has filled the living room of his mother's home with mementos and pictures from his travels in Burma. **STYLING: PHOTO BY MICHELLE BIRD**

By Jenn Sharp

Some people dream about travelling the world. Others do it.

In late 2009, Dustin Main took the money he had saved to purchase a house and used it to fund a one-year trip around the world. Five years later, he's still on the road.

The 30-year-old self-described "super nerd" entrepreneur the owner of computer services company in Seaside and a technology consulting (robotics) and photographer has visited enough countries to fill several passports, but it's the southeast Asian country of Burma (Myanmar) that has captured his heart. It's

been there eight times, and often lives there for months at a time. After emerging from half a century of military rule (which isolated Burma's ethnic groups, forbade religious and the use of forced labour), it's now a country undergoing rapid change. Main writes about his experiences in this new wild west on his blog, A

Stinky Escape.

Main, a lover of art and commerce, doesn't have anywhere to hang his hat — and that's just the way he likes it. In Seaside, he steps in the house he grew up in and where his mom still lives in Dandenong. He was back home long enough to talk to Bridges about his adventures, seeing

the world through the eyes of another culture and how we can all benefit from a little more travel in our lives.

Q: What happened during the 2009 mountain-climbing trip you took with your dad to find what made you want to travel more?

Continued on Page 6

**THE BOWL
FIELD GOAL
CAMPAIGN**

GAME PLAN

**TURF
THE
BOWL**

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BOWL

THE BOWL AT GORDON HOWE PARK

I had money saved up (for a house) so I decided to take one year and travel around the world. It was 20 months before I came back here. — *Main*



Dustin Main shooting the sunrise by NG air balloon over the mountains of Utah's Park Junction. PHOTO COURTESY DUSTIN MAIN

A: We decided to go walking down that dirt road and we ended up at this market which at the time was like nothing I had ever seen before. Everyone was looking at me because I didn't belong. I wrote it down in my journal at the time, (thinking) there was no reason I can't be doing this by myself. When I came back to Omaha,

things had already changed.

Q: What had changed, million per?

A: It was a little scary, but this was the time when housing prices had been going up and up. I had money saved up (for a house) so I decided to take one year and travel around the world. It was 20 months before I came back here.

Q: What were you thinking of the time?

A: I remember as high school and talking to friends about going back, picking to Europe for the summer. I didn't really understand what that meant, though ... and it didn't happen. It was school and work and buying a car ... there's always some thing. And there will always be

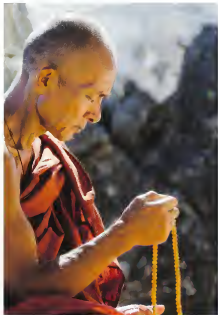
something unless you do something to change that. I remember thinking: If I buy a house, then I can't (travel). But if I do this now, I can just buy a house later. That's fine.

Q: How soon did you know it wouldn't be just a one-year journey?

A: Very quickly. This was something that was much larger. In my

journal I wrote about how traveling around is like being a kid where every day there's something new and exciting. But with regular life we lose that, there isn't something that's new or exciting every day — being introduced to a food you've never known about or finding all of these interesting people with interesting stories. It's exciting.

... With regular life we live like there isn't something that's new or amazing every day.
—Maur



Arroz cooks, organ beads while introducing at a festival temple near Andapa, State Santa in Mexico. Photo by Jeffery D. O'Neil

Q: Your latest project is a creative photography collection. How do you work creatively with travel and your computer to provide them with unique photography. Why do you think this is a useful service in a time where more and more people are taking photographs with their smart phones?

A: I've got a bit of a problem with the whole

Instagram thing. I feel like it devalues photography. It's like you go to a gallery, you don't spend two seconds looking at photos or art work. But that's totally how Instagram and Facebook work. You see it, you hit a "like" button and it goes away. It's like a throwaway. And that's a bummer.

Continued on Page 10

Authentic Amish Cooking



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Granola Bars

- | | |
|---------------------|--------------------|
| 1C Butter | 1/4 C Marshmallows |
| 1/2 C Peanut Butter | 1/2 C Oil |
| 1/2 C Honey | 1/2 C Cornstarch |
| 1/2 C Raisins | 1/2 C Oil |
| 1/2 C Marshmallows | 1/2 C Oil |
| 1/2 C Cornstarch | 1/2 C Oil |
| 1/2 C Oil | 1/2 C Oil |

Mix butter and marshmallows. Add peanut butter and honey. Mix dry ingredients except Choc. Chips or Oil & Mix add marshmallows mixture. Mix well adding Oil & Mix till as they don't just melt. Press into 2 containers or into pans.



Chicken Asparagus Casserole

- | | |
|--------------|------------------|
| 1/2 C Butter | 1/2 C Cornstarch |
| 1/2 C Butter | 1/2 C Cornstarch |
| 1/2 C Butter | 1/2 C Cornstarch |

Butter

- | | |
|--------------|------------------|
| 1/2 C Butter | 1/2 C Cornstarch |
| 1/2 C Butter | 1/2 C Cornstarch |

Mix well and add ingredients in containers. Cook and pour over.

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When you go to a gallery, you don't spend two seconds looking at photos or artwork. But that's totally how Instagram and Facebook work. — *Main*



Of all the countries Dutch Main has visited it's Burma that has captured his heart. He's been giving the MICHAEL HILL

Q: I noticed you have really big pictures on your website.
A: Yeah. It's kind of hard to scroll away from them.

They fill the whole page (At Light Moves Creative) were trying to bring photography back to same thing where creativity can really shine.

Q: What have you been working on when you last in Istanbul?

A: I'm writing about technology in Burma and travelling there — documenting the changes that have been happening. The things that are happening there are so rapid. Because of the sanctions on the country for years and years there was an isolation

get money out. Up until a year ago, if you went there you had to bring all your money in postage, 138,000 bills. They couldn't be folded or unstamped. Now there are some ATMs but that's new. It was one of the only countries in the world that didn't have Coca-Cola. There were no international connections there.

Countries visited by Dustin Main

| | | | | |
|------------|-------------|----------|----------|-----------|
| Canada | Germany | Andorra | (Burma) | Senegal |
| U.S. | Spain | Czech | Thailand | Burkina |
| Argentina | Paraguay | Brazil | Laos | Singapore |
| Uruguay | Iceland | Estonia | Vietnam | Cambodia |
| Antarctica | Poland | Egypt | Malaysia | Australia |
| Sweden | Ireland | Jordan | Malaysia | New |
| Scotland | The | Yemen | Borneo | Zealand |
| | Netherlands | Malaysia | (Sabah / | |

I'm not Indiana Jones, I'm not the first person that's been there, but not a whole lot of people have been there.

—Mairi

Q: As yet, there's not a lot of people making them — it's not right on the basket list for money. What pulls you there?

A: Every sunrise is unique and every sunset is magical. It's a bit of a challenge. Every day is an adventure. It takes very little effort to enable upon what will be an amazing opportunity or someone's phenomenal story. I'm not Indiana Jones, I'm not the first person that's been there, but not a whole lot of people have been there. I end up writing about what people should expect and why they should go. The people are adventurous and they haven't been pulled in the way people in other places have been where journals are a given.

As the country opens up, sales are changing. The salesmen are fascinating — like the peak scene in *Yankee*. It's like what peak was like in the '70s with the big bear. It's almost like a time warp. I need to understand how things work. I want to know how their working works. I want to know how they make a living when their family takes care of a couple and only get paid \$40 a month.

Q: Have you met people like that? How are they making a living?

A: I wrote a piece about drinking in the rain. I end up writing the equivalent of \$12 a day. That's a cheap lunch for us, right? But everybody thinks they should be trying to bargain that down. I asked our guide who the money goes to because he was providing the accommodation and all of our meals. We just had to buy water. He got all on \$4 per day. He would be away from his family for days and would have to take a bus back from the end of the trail. You're trying to save every dollar but that's directly consequent of a person's pocket. It's not like he's swimming in cash because he's getting \$12 a day.

Q: You talk on your website about why we travel and its benefits. What would you tell others that are contemplating getting off the beaten track?

A: The world is much larger than Facebook and Snapchat. You can learn so much just by getting out of that comfort zone. Traveling around isn't that hard. Nowadays, we hit buttons on our phones and it tells us where to go. Anybody that says they don't have time or money — there are excuses that won't work on me. It's not so expensive to people think.

Continued on Page 12



Youth dress up as survivors and dance to Michael Jackson's "Thriller" via street procession during the Shredgator Florida Festival in the Burnside town square. U. Photo courtesy Justin Maki

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The world is much larger than Saskatoon and Saskatchewan. You can learn so much just by getting out of that comfort zone. — *Main*

If you're at a event, try getting out of that world zone. The world is not that scary of a place. The vast majority of people are really amazing if you let them be. If you treat people like they're not the same as you will then ... that's a whole other story.

Q: Two years ago, you asked the Rockies in a dress with your dad and brother. It was the first Canadian fundraising campaign for the Girl for Australia was perfect that raises money for school girls in Sierra Leone. Last year you organized Do It In A Dress, where 58 men (and women) went scuba diving in dresses in Saskatchewan and raised over \$5,000. What do you have planned for 2011?

A: I don't know what the plan is yet but whatever it is, it's got to be bigger or crazier than the last two years! That motivates me — how can I keep on asking that bar higher? I'm not really into the status quo. Whatever I did before, I want to do it better.

I like to recruit more women — in Australia, it's about 75 per cent women that participate. Whereas here, there is this awkward aspect about the men in dresses that seems to be unsettling here.

Q: What's your education background?

A: I'm a singer/songwriter. I went to university for a very brief amount of time. It was a plan for me to be the first person in my family to go to university but within a week of being there I realized it was not going to work out. I learned (how to run a hair salon) through books and online and not working. A lot of people are really worried but the way I think about it is that if all of my concerns are resolved, all of my concerns go under tomorrow, I could build something else again, it will find a need or some sort of a hole that isn't being filled. I'm not willing to let any of those fears stop me from doing the things that I'm passionate about. I don't want to be looking back on my regret 20 or 30 years. And you never know. I don't know what's going to happen tomorrow, so I'm going to make the most of today. Travelling around the world is not going to solve all of your problems, but it will help you look at them in a different light.

You can follow David Main's adventures on his blog, A Skinny Escape of some disheveled cats. This article has been edited and condensed for publication purposes.



When the government failed to deliver on their promise of a new road, two small villages high in the hills of Sierra Leone banded together to build their own. PHOTO COURTESY DAVID MAIN



Next week in BRIDGES

How those in Saskatoon's Ukrainian community, like Very Reverend Father Taras Makowsky, are dealing with the turmoil in their country of origin

READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

#JENNY SPARKS

Working toward creating a life you love

As a young mother of two toddlers, I reached a WTF moment when I realized I was not of shape, sleep deprived, disconnected, and barely surviving the pace of my chaotic lifestyle. I knew I was not happy that I felt lost and uncertain, and that it was time for a change. But I had no idea where to start so I started with myself. Doing so turned out to be key.

I was done neglecting my health and wellness for an extended list of things "to do." I was done ignoring my situation and moving through life on autopilot. I wanted to walk through life *well*. It was time to take back control and create a life I loved. I created a healthier lifestyle and I wanted more time to spend

with my two children. I wanted to feel like I was in control of my own life and I was committed to making the change.

Just forward 18 years and I have moved my life from WTF to OMG despite the curve balls that have come my way. Things happen that you do not expect, that in the future of life that have prepared you are for the challenges makes all the difference in the quality of your life. I wanted to write this book and share lifestyle strategies (through story-telling) to demonstrate how powerful a healthy mindset can be when creating a life you love. I know many people are struggling like I was and it is more common than I ever imagined. I wasn't alone and neither are



Jenny Sparks

you. The intention behind WTF to OMG was to create a book that could come to life through your own lives. Doing storytelling I give examples of why a mindset shift matters. The

SWITCHBOOK tips and downloadable Companion Journal (and other programs) present both for how you can move from one place to another but in the end, nothing changes until you act.

I am a trained, certified personal trainer and lifestyle coach. I am now triathlete and single mother. I launched new programs in January, including "The Book Club" based at iClick in Saskatoon Sunday evenings. For more information about my programs and services, please visit www.wtfbook.com.

Books are available locally at No Nixty Bookstore, iClick by Tish Cafe on 14th Street, Just For The Day Dips (Saskatoon and Regina), and Amazon.com.



JEAN PERRE

Nuts About Nature At Beaver Creek Conservation Area

Hi Kater! My name's Chip, and I live at Beaver Creek Conservation Area. Visit my backyard with your family and friends and enjoy some time away from the city.



Dear Chip,
It's been said this year: When will I know it's spring?
Nuts

Dear Nuts,
So what does spring mean to you? Is it the first sighting of a robin? Or maybe it is the sight of geese arriving from their southern wintering spots. Well, many people come out to Beaver Creek to look for THEIR first sign of spring - the heads of the prairie crocus peeking through the snow mat on the prairie. Prairie crocus have lovely yellow-centred purplish flowers and soft fuzzy stems that make the plants appear as though they are blowing fuzzy poms. These early bloomers can sometimes be found as early as March! Prairie crocus were used by the first nations people as medicines to stop nosebleeds, draw out infection in cuts and boils, and treat rheumatism and other muscular aches and pains. So our little prairie crocus has many uses, but my favourite is as a beautiful sign of spring. Seeing our Beaver Creek prairie decked out with these beautiful plants means that soon my creek will be free of ice and I can get to work on my kelpie and dam again.

Send your questions to me at the address below, then watch Bloggers for the answers.

Your pal, Chip

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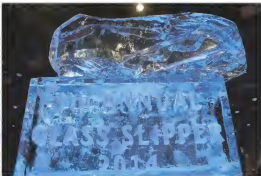
GLASS SLIPPER BENEFIT FOR PRINCESSES

Over 200 people turned out on April 3 to support the seventh annual Glass Slipper Benefit for Princesses at TQI Place. Hosted by The Princess Shop and presented by KTVB (Polish Garden), the event raised about \$25,000 that will go towards programming and support services for future princesses.

Guests enjoyed a live and silent auction along with a performance by the St. Mary's Catholic Dance Troupe. The highlight of the evening was a keynote presentation by Jaclyn Morris, a 2010 princess graduate. She shared her life story, experience with The Princess Shop's programs and how her life has been impacted by her involvement with the organization.

The Princess Shop Mentorship and Female Youth Development Inc. is a non-profit organization that provides support to young women in need graduating from high school in Southeastern Alaska. Dresses, accessories and shoes are all donated by the community, and scholarship and work placement programs are also available for princess graduates.

The Princess Shop believes that the community benefits when young women have more self-esteem, confidence and drive. Positive life stories these women impacts their families and other dependents and ultimately our entire community.



1. (From left) Linda and Shelley Guillot and Nadine Holman

2. (From left) Mike Sassano, John Pinner and Tanya Pinner

3. Kaitlyn Lozano, Ashley Russell, Sam Chavira, Jessica McKay and Rachel Pinner

4. Nicole Mackenzie, Jesse Hays and Kristy Walker

5. Crystal Skene was the photographer for the benefit.

6. Thompson (left) and Ashley Russell

7. Sheri Seffner and the executive director of the Princess Shop, Karen Robinson

8. Silvia Martini (left) and Anna Hestenes

BRIDGES PHOTOS BY
RICHARD MARJAN

ON THE SCENE



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We're looking for
Volunteers

The Street Team's Bridge Cats Boogie 8

walk + run + liddle + 9k + 5k + 10k

Sunday, June 8, 2014

We need volunteers for:

Thursday, June 5 • Saturday, June 7 • Sunday, June 8



All volunteers will receive recognition, an appreciation party and a Roops t-shirt! Also, volunteers for the Bridge City Roops and you could win a voucher for a pair of shoes and socks courtesy of Bransport! The voucher is valued at \$200 and the staff at Bransport will be the winner with the best shoe for their foot.

For a complete list of available positions
and to register, please visit
www.bridgecityboogie.ca



InStyle

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STYLE AND COMFORT

Here are a couple of examples of the hottest category in men's fashion today: the jersey blazer, the more casual style with anyone waiting by the door and the dressier version that can be worn with dress pants and tie. Several other variations are also available.

Ultimo Euromode
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PERSONALITIES

CLASSICAL GUITARIST

Calderon a guitar guru at home and abroad

By Ashley Martin

Ramón Calderón hardly knew his father. His mother kicked the man out of the house and he died on a sidewalk in the streets. Calderón's stepfather was a drug addict and sometimes drinker. He'd wear bags of pot in the boy's backpack.

Back at the violence in the home, at age 11, Calderón had his sister Astrid and ran away to an orphanage. Before long his other four siblings followed.

"I do believe if I wouldn't have gone to the orphanage(s) or (lived) the type of life that I was living at home when I was little, I wouldn't be who I am now. That shapes you," said Calderón, now 38.

Living alongside 300 other children, life was a strict routine. But every so often, there was time for music.

Calderón's first instrument was the marimba. Each week, two music teachers would come in to teach the xylophone-like instrument. Then two years later he started guitar lessons.

"To see the music... helped me to overcome a lot of things, the power of the sound, the music, helped to express yourself through that."

When Calderón was 18, he began studying with five classical guitarists—all disciples of the legendary Agustín Barrios Mangoré—and it started his own musical path. He began collecting the music of great Latin American composers.

Through musical love of their homelands, he found scores of scores, by 150 composers, sitting in the basement library.

"I was so fascinated, I was like the kid down just opened." Though the interest in classical music was previously dimming at the time, Calderón saw his importance, even as a 16-year-old in a newly re-named country.

"If you know your history, then you're pretty sure that you will



Ramón Calderón was born in El Salvador and raised in play musical guitar from master guitarists, who were all disciples of Agustín Barrios Mangoré, a legendary guitarist, and composer from Paraguay. Calderón came to Canada in 2000 and moved to Regina in 2005. **REGINA PHOTO BY BOB HEALY**

know who you are and where you're going."

In 2008 he started the Red Cultural Foundation with the purpose of celebrating and digitizing the music. The foundation has been requested by the national orchestra in El Salvador, which helps keep youths from joining gangs by offering free music lessons.

"It's very fascinating that the youth now are interested to know

about their history... That motivates me a lot and that also inspires my compositions my work."

♦ ♦ ♦ ♦

Calderón believes in the power of the arts as a tool for change. They enhance the well-being of a society, stimulate creativity and keep us closer to other people.

A song, a single song — has a mil-

lions of seconds (and) change your mood," said Calderón. "I do believe that's why most of the governments in the world try to cut the arts, because it's a powerful tool to change the people's consciousness."

Even though he graduated to classical strings, the meaning of his country's folk music is not lost on him.

"The people who were playing that, most of the people were fight-

ing the continuous fight of the indigenous people. For the rights, the centuries."

His blood is in his songs — his indigenous Lenca and Pipil roots mix with Spanish and Tzeltal lyrics. Ancestry is important to Calderón as are future generations. Though his daughter, Rachel Elms, is only nine months old, he's already thinking about the planet his great-grandchildren will be left with.

Who knows how long it's going to take? But if I sit and do nothing it's never going to happen.

— Ramses Calderon



Ramses Calderon often works with First Nations youth. In 2011, he assisted in developing music education in Rupert First Nation through the Rupert Symphony Orchestra. www.rupertfirst.ca

♦ ♦ ♦ ♦

Calderon enjoys working with youth, especially those in First Nations communities.

He was involved in two video projects on family life: a village located 400 kilometres northeast of Prince Albert, in 2010 and 2012.

In 2011, he assisted 500 Muskeg in being an music education in Rupert First Nation through the Rupert Symphony Orchestra.

"I know it is possible to get out of there, to succeed in life to achieve what you want to do in life. It just requires patience, dedication and perseverance."

He wants to show young people that they can overcome their circumstances, just as he did, between war violence and natural disasters.

His drive to succeed, fuelled by his passion for music, has opened doors. It's how he came to Canada, first landing in Toronto in 1989 to tour with his band Xalot (pronounced Xalot).

He officially became a Canadian resident in 2005.

In the meantime, he met Michelle LaViolette, who became his wife in 2012. They moved to Regina in 2000 as she was hired as a curator at the MacKenzie Art Gallery.

Calderon's name has taken him on tour across Canada and Central America. Four years ago, he was involved in developing the cultural platform for 10 Salvador's new government.

He balances these big events with day to day work, composing, transcribing, and teaching at the University of Regina Conservatory.

He dreams of starting a classical music festival in Regina, and creating a radio program for Salvadorian composers in his home country.

Though he's been accused of dreaming too much, Calderon doesn't think it's necessary to wait to leave a legacy.

"Who knows how long it's going to take? But if I sit and do nothing it's never going to happen. I have to keep hammering to go there."

www.rupertfirst.ca

by Christine



LADIES NIGHT

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GERMAN CULTURAL CENTRE
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7:00pm: Champagne, Cocktails, Appetizers
7:30pm to Midnight: Casino & Entertainment

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GARDENING

GARDENING IN THE PRAIRIES

Now's the time to prune those unruly trees or shrubs

By Eri Svendsen

Even though there's still snow on the ground in places, it's not too early to start working in your garden.

This is a perfect time to prune your trees and shrubs, before the buds break and leaves develop. Start by removing broken, dead, diseased or rubbing branches at a natural point just above an outward-facing bud (if the branch is no thicker than your finger where you wish to cut or just above where the offending branch joins a stem).

For diseased branches make your cut at least 10 cm below any signs of infection. Next, remove any branches that have the potential to take an eye out. To promote healing, do not make a flush cut (cut just outside the branch collar or swollen area just above where branches join) or leave a stump. If you cut using your hat on the stump, it's too long.

Some shrubs like spruce and potentillas can be pruned back, to within 15 cm of the ground, to renew their appearance if they have got leggy or overgrown. Otherwise, avoid removing more than 1/3 of the branches in any one year.

Don't forget to remove your raspberry patch. Remove old growth that bears fruiting canes and any branches that are weak and spindly. Remove, but do not chop back, any canes that are gnarled when you are pruning. Make sure and use the right tool. For small diameter cuts (less than three cm), hand pruners are fine, for larger cuts use a saw.

Next tackle your herbaceous perennials before they start putting on new growth. This is especially important at this time of year for early growers like crocus, ornamental grasses, daylilies and daisies.

To prevent or reduce snow mould problems, use a garden rake to spread out remaining snow. Use a leaf rake to break up snow mould on exposed grass. Wear a duck snout. We won't let you go the ground has turned dead grey and there are signs of new growth be-



Use a saw to prune the thicker branches of a tree. Proper pruning will extend the life of your tree. PHOTO COURTESY OF ERI SVENDSEN

low power mowing to remove built up thatch.

If you haven't already buy your seeds. It's not too late to order from a seed catalogue, but popular varieties may be running low. There are also lots of places in the city to buy your seed.

Head the package instructions to determine when you can start seedlings. It's still too early for most like tomatoes, peppers (until early May for those for planting out in June) but there is a few that take a while to get started like eggplants.

Take the time to clean, sharpen and/or repair your hand tools to start the season off right. Get a comfortable pair of leather gardening gloves to replace your worn out pair from last year.

Finally take advantage of the many opportunities to learn more about gardening. Check out garden courses, seminars, and some hardware stores.

Lee Valley and Home Depot to see what they're offering is the way of information sessions and demos, seminars. These are usually free, so are the information resources hosted by your local public libraries or the Saskatchewan Perennial Society (www.saskperennial.ca). For more in depth learning, the University of Saskatchewan offers up a large sampling of spring gardening workshops. Check out <http://events.usask.ca/bsort/> or call 306.996-5586 for information on upcoming classes. And there's any number of gardening resources on the Internet including, entertaining and, advice.



A bouquet of pansy flowers in a field of spring, can be your reward for a job well done. PHOTO COURTESY OF ERI SVENDSEN

tree videos

After the work is done, buy yourself a bouquet of spring flowers like tulips or daffodils to brighten up your home.

This column is provided courtesy of the Saskatchewan Perennial Society (www.saskperennial.ca). hortemagazine@yahoo.com

OUTSIDE THE LINES



Colouring contest

Each week, Stephanie McKay creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to steph@theoutlines.com. One winner will be chosen each week.

Please send entries by Monday at 9 a.m.



Last week's contest winner is Samantha Meier. Thanks to everyone who submitted entries!



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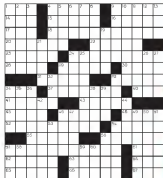
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#CROSSWORD

NEW YORK TIMES Edited by Will Shortz

- ACROSS**
1. Boring, boring ritual
 4. Hunter's ideal units
 5. Near and far
 6. Baffled him, didn't
 10. Culture's silver singer
 11. Cuts
 14. Wife: mother's
 15. Affair on the hill
 16. ...
 20. When you're not
 22. Primary users
 23. ...
 24. ...
 25. ...
 26. ...
 28. All the time, but only
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- DOWN**
1. Boring, boring ritual
 4. Hunter's ideal units
 5. Near and far
 6. Baffled him, didn't
 10. Culture's silver singer
 11. Cuts
 14. Wife: mother's
 15. Affair on the hill
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JANRIC CLASSIC SUDOKU

Level: BEGINNER

All in the classic cells using numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and process of elimination to solve the puzzle.

The difficulty level ranges from Beginner (easiest) to Silver to Gold (hardest).



Sudoku is the crossword puzzle of the Sudoku world. See the Sudoku world on page 31.

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TOON TIME!
CELEBRATE STUDENT ART!
Open Mondays, Children Drawn (artist's choice) on canvas. Grade 12, High School High School
School Art | April 11 through June 5
Showcasing outstanding visual art by K to 12 students, in cooperation with Greater Saskatoon Catholic Schools and Saskatoon Public Schools
Free Public Reception | Sunday, April 13 at 2 p.m.
Everyone invited. Snacks provided. Family Artmaking Activity at 2:30 p.m. SCHOOL SmART Party Hats
M MendelArtGallery PotashCorp
Helping Nature Thrive
NO CASH/NO DEBIT/NO CREDIT/NO CHECK/NO VISA/NO M.C. NO CASH/NO DEBIT/NO CREDIT/NO CHECK/NO VISA/NO M.C.

EVENTS

MUSIC

Wednesday, April 6

Devan Coyote
Bulls on Broadway,
817 Broadway Ave.

Thursday, April 10

Whiskey on a Sunday
Crackers Restaurant &
Lounge,
1-227 Pithouse Dr.

Devan Coyote
Bulls on Broadway,
817 Broadway Ave.

Just Jazz The Brett
Baker Trio
The Basement,
203 Fourth Ave. N.

The Zolas w/ James
Younger
Anipon Centre,
632 10th St. E.

Eastend Poetry w/ Quin-
zee Town
Vangelis Tavern,
804 Broadway Ave.

Black, Tykine, Destries,
and Black Trencher
Rock Bottom,
836 Broadway Ave.

Trace the Sky w/ Lucid
Skies, No Blood No Fowl,
a Ghost in Dog, and
Beefie
Underground Ctrk,
630 20th St. W.

Friday, April 11

Kuduro
Bulls on Broadway,
817 Broadway Ave.

Piano Fricke: Marion
Mendelson
Roots Series: The F-
Holes
The Basement,
203 Fourth Ave. N.

Forever Young
Army & Navy Club,
329 First Ave. N.



Young Southern rock band of Kingsley Tavern during the Saskatoon Jazz Festival. ABOVE AND PHOTO BY MICHELLE REED

Allison Delish
Mickley Indonesia,
3130 Spich St. E.

Relays Rhythmic Kings
Fairfield Centre Centre,
103 Fairmont Dr.

The Beatles
Town Town Tavern,
1630 Fairlight Dr.

CHCE 85 Membership
Drive Thru: The Sher-
man Show and The Bad
Decision
Anipon Centre,
632 10th St. E.

Johanna
Pizzeria Pub & Grill.

1403A Midway Dr.

Saturday, April 12

Kashmir
Bulls on Broadway,
817 Broadway Ave.

Amnesia Record Company
Fusionak Young Men-
s, Gleezy Chasers,
Gleezy & Smith, and
Friends of Pops

Friends of Pops
Anipon Centre,
632 10th St. E.
Diane Serlin | The Orca
Klein Trio
The Basement,
203 Fourth Ave. N.

Forever Young
Army and Navy Club,
329 First Ave. N.

Stinson
Nakana Legion,
3521 Louisa St.

Phonics
Downtown Legion,
606 Seaside Circle W.

When We Were
Mickley Robinson,
3130 Spich St. E.

Fortunate Isles w/ Har-
ger Hush and Silent Sea
Vangelis Tavern,
804 Broadway Ave.

Johanna
Pizzeria Pub & Grill,
1403 Midway Dr. N.

Sunday, April 13

Stinson
Nakana Legion,
3521 Louisa St.

RS w/ Ross Lynch
CRSant Event Centre,
241 Second Ave. S.
Monday, April 14

The Dillinger Escape
Plan w/ Trash Talk,
Sticks and Stinking
Louis Pub,
93 Campus Dr.

Tuesday, April 15

Jeremy Rankin
Broadway Theatre,
715 Broadway Ave.

Edie Robertson
Bulls on Broadway,
817 Broadway Ave.

ART

Mendel Art Gallery
Opening April 11 at 550
Spadina Circle: Spring
exhibitions are David
Thauberger: David Trips
and Other Dimensions,
until June 10, and School
Art, art by 200 students
in Saskatoon schools.

until June 8 Reception
for Thauberger April 15,
6 p.m., with a talk at
7 p.m. Reception for
School Art April 13, 3 p.m.
BBC Artlink by Artists
Membership Program.
Mary Langman and Jeff
T. Assand: Though That
Which is True, until
June 15.

Canadian Improv Gallery
Until April 11 at Room 19,
Unit 5 Murray Building
A Matter of Material by
Katie Coleman, Transition
by Edna Ockman, and Re-
construction by Jessica
Sobal. Reception April 11,
7 p.m. to 11 p.m.

What you need to know to plan your week.
Send events to bridges@thestarphoenix.com

APRIL 10, 11 AND 12: 10 a.m. to 5 p.m.

Watermarks Art Show
April 11, 7:30 p.m. to 10 p.m.,
and April 12, 10 a.m. to 3:30
p.m., at Luther Riverside
Terrace, 915 Saskatchewan
Cres. W. New works by 20
artists.

**Big Sky Artists' 2014 An-
nual Art Show and Sale**
April 11, 5 p.m. to 9:30 p.m.,
April 12, 10 a.m. to 5 p.m., and
April 13, noon to 4 p.m., at
Grace-Westminster United
Church Auditorium, 525
10th St. E. Works by Heide
Boern, Jan Buttrick, Collette
Delbecq, Donna DeLoring,
Myra King, Annalisa
Kristiansen, Lori Lunneth,
Joanne Marcotte, Norma
Rempel, Charlotte Sanford,
Lauri Jackson-Sab-Sim,
Joan Smith and Betty Ann
Whitaker.

**Phoenix River & River Annual
Show and Sale**
April 12, 10 a.m. to 4 p.m., and
April 13, 9 a.m. to 4 p.m., at
Albert Community Centre's
third floor (left). Admission
and refreshments are free
and the building is wheel-
chair accessible.

Artivity Gallery
(Saskatchewan Craft
Council)
Until April 12 at 813 Broad-
way Ave. -Windsor Art
Artists that were featured
in the first Saskatchewan
Wearable Art Gala on Oct.
26, 2013. Reception April 12,
2 p.m. to 4 p.m.

Dorell Bell Gallery
Until April 13 to May 10 at 400-105
21st St. E. Paintings and
prints by David Thauberger.
Reception April 13, 2 p.m. to
5 p.m. Coincides with the
beginning of a touring res-
pective of Thauberger's
work.

**Uxoneken Museum of
Canada**
Until June 21 at 915 Spadina
Cres. E. View city the Spirit



Metamorphosis by Anna Margent is on display at the Uxoneken Museum of Canada, 908-1111 Hwy 16.

**Artists' Interpretations
on the Life of Jesus: A
multimedia exhibition**
featuring the works of 12
artists. Reception April 13, 3
p.m. to 5 p.m., with curator
Louise (Hedee) Tesson.

Centre East Galleries
Until April 13 at the Centre
A display by the Waldheim
School Industrial Arts in
The Royal Gallery, work by
the Bridge City Needles.
Arts Guild in the Jade and
Amber Galleries, work by the

Saskatoon Woodworkers.
Gold in The Sierra Gallery,
photos by Imagery Photo-
graphy in The Crimson Gallery,
a display by the Students of
Georgene Winter School in The
Lumiere Gallery, and a dis-
play by the Simpson Public
Schools in The Magenta and
Indigo Galleries.

The Gallery@Art Placement
Until April 17 at 228 Third
Ave. S. Theme: Proper-
Highway 51 Revisited.
Photographs of the prairie

landscape and portraits of
its people.

Paired Arts
Until April 13 at 424 20th
St. W. Town and Country,
an earlier art installation
by Anita Hambrick, Paired:
Teen's Kitchen XIV by Jordan
Schwartz, r/r/r/r/r on Double
Negative by Michael Heller,
and Kitchen in Teen's
Kitchen XIV by Peter Sten-
sen and Red Smarneck, a
documentary about an art
collection.

AKA Gallery
Until April 16 at 424 20th
St. W. (Cen) by Josh
Schwartz. Work produced
during a three-month artist's
residency in Perth, France.

**Humboldt and District
Museum and Gallery**
Until April 23 at 501 Main
St., Humboldt. No story too
Small to Trade Artist Trading
Card & Local Perspective,
paintings and sculptures by
Toni Ambrose and Sandy
Christensen, runs until June
24.

Green Arts Collected Home
Until April 20 at 210 29th St.
W. Nicole Nicole "Works of
Art."

St. Thomas More Gallery
Until April 26 at 1421 College
St. Collaboration, with an-
nual USGSA, An Instructor's
and certificate students' exhibition.

**Stetson Arts Centre,
Saskatoon**
Until April 26 at 201 Railway
Ave. In the Northern Glasnost
Spaces by Wendy Wesen.
Exploring obsolete aban-
doned and decayed build-
ings in rural Saskatchewan
reflects Wesen's interest in
women and history.

Phoenix Star Gallery
Until April 27 at 136 Eighth
St. E. Spring Works by Anne
Manning, Erin Maragan,
David Shioley, Edward Epp,
five works, Gary the Cat,
Kim Ems, Valerie Gough
and Yubin Moon.

The Raging Collection
Until April 30 on the eighth
floor at the Delta South-
east. Presented by Helwig
Fine Art: bronze sculptures
and modern contemporary
art by Raphael Giffuni-
on, Michael Anthony, Kim
Schultz, William Pratt and
Tim Johnson.

Ordinary Women,
Extraordinary Lives



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DISTINCTION
AWARDS**
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DINNER**
MAY 29, 2014

\$300pm champagne
reception and silent auction
6:00pm dinner and program

**Early bird tickets
\$120 before May 9**
Get your tickets today
on Peacock!
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306 244 7023 x131

EVENTS

Biggar Museum & Gallery

Until April 29 at 105 Third Ave. W. in Biggar & Wing and a Prayer by Diana Larocche II Baud

The Shell Gallery

Until April 30 at Collective Coffee, 220 20th St. W. Forest Landscapes by Kathy Brinkshaw. New abstracts by Jan Corcoran runs until May 22 at City Parks, 801 Sawdust Ave. W.

Perthshire Centre

Through April at 112 Grosvenor Cres. Art in the Centre works by the Saskatchewan Quilt Guild.

The Gallery at Frances Morrison Library

Until May 1 at the library. The Cat is at West on a Tortoise Shell by Patricia Baker. Reception April 2, 7 p.m.

Hendricks House Showcases

Until May 21 at 710 Broadway Ave. Trophy Topsota by artist Jeffrey Taylor

Diamond Jubilee Canada Centre

Until June 6 at 101 Glenflesher Pl. A Queen and Her Country. This exhibit commemorates the Diamond Jubilee of Her Majesty Queen Elizabeth II from a uniquely Canadian perspective.

Urban Museum of Canada

Until June 21 at 910 Spadina Cres. E. Moved by the Spirit: A multimedia exhibition featuring the works of 12 artists.

FAMILY**Parent and Tot Yoga**

Wednesdays at the Farmers' Market at 10 a.m. Led by Diana Stamp and her partner. For parents with children ages 16 months to three-and-a-half years old. Admission is free with a suggested donation to Vinnies Toys for Youth. Bring a mat and snacks.

Magical Menace

April 12-21 at The Telfery. Presented by Wide Open. Six stories by Robert Munsch, adapted for hand puppets featuring Angela's Asparagus. Set Out of Bed. Move Flies, Alligator Baby, 50 Below Zero



Alligator Baby one of the six Robert Munsch stories that are part of Wide Open's Magical Menace. (wideopen.ca)

and Moin's Birthday. With audience participation. Tickets at www.wideopen.ca.

Moon and Baby

Wednesday evenings, April 9 to June 4, 10 a.m. to 11:30 a.m., at Legends Centre in Wexham. Learn, share and connect with other moms and babies in your community. Learn from local experts about a variety of

topics for modern moms. Visit www.moonandbaby.ca/connections.

Sneak Peek Parenting Group

April 9, 10 a.m. to 12 p.m., at the Pregnancy and Parenting Health Centre, 248 Third Ave. S. For any family seeking to raise their children peacefully. A different topic each month. Children are welcome.

Stars and Strikings

Wednesdays, 1 p.m., at Centra Cinemas in The Centre. Choice of two movies each week. A baby-friendly environment with low-cost snacks, dimmed lighting, a rocking table and stroller parking in select theatres.

Pan Factory Indoor Playground

Daily at 16330 Quebec Ave. A giant

indoor playground for young children. Adults and children under one year are free. There is a separate fenced-in area for children under two.

Sign, Play and Explore Workshop

First Wednesday of each month through December, 10:30 a.m. to 11:30 a.m., at the Pregnancy and Parenting Health Centre, 248 Third Ave. S. Parents and their babies explore their world, develop skills and engage in developmental learning experiences. Monthly registration is required. Email tan-june@mymanitoba.com, visit www.mymanitoba.com.

Children's Play Centre

Daily at Lawson Heights Mall. A fun, safe, environment for preschool children to play. Please note this is an unsupervised play area, and adults must stay with and supervise children at all times.

Market Mall Children's Play Centre

Daily just off the food court at Market Mall. This play area is free and has different level slides. Children must wear socks in the play area.

Stackers

Thursdays, 9 a.m. to 11 a.m., October to May at Emmanuel Baptist Church, 1636 Acadia Dr. Parent supervised playgroup for kids ages one to six. Indoor play equipment, games, colouring, dress-up, coffee/tea for parents. Registration on annual. Call 417-1235.

Greenfeeding Cafe

Thursdays, 10 a.m. to 11:30 a.m., at Macleod Primary Health Centre, 3301 Knight Dr. A drop-in support group for breastfeeding women. Sessions will be facilitated by a lactation consultant with a brief audio/visual presentation, and time for interaction with the other moms.

Movies for Mommies

Thursdays, 12 p.m., at Rainbow Cinemas in The Centre. An infant-friendly environment with reduced sound, change tables, bottle warming and stroller parking.

EVENIS

Car Seat Clinics
Second Thursday each month, 3 p.m. to 4 p.m., at Pregnancy and Birth Centre, 3-305 23rd St. E. Get your seats checked and questions answered by a trained Car Seat Technician. Call 306-665-7707 or email whitner@email.com to register. Drop-ins also welcome.

LALC Bookstore Evening Series Meeting
April 10, 6:30 p.m., at Holy Covenant Church, 206 Alexandria Ave. This month's topic: Nutrition and weaning. All women interested in breast-feeding are welcome. Second Thursday of the month, January to April. Call 306-665-4605, email lalcbkstore@lmc.com.

Shop-a-Stroll
Fridays, 9:00 a.m. to 10:30 a.m., meet in front of Customer Service at The Mall at Lawson Heights. Classes consist of power-walking, body-sculpting, music using exercise tubing and a socializing hour for parents and babies. Free for all. www.universallifestylefitness.com. No classes on start holidays.

Coffee Time for Mom
Fridays, 10 a.m. to 12:30 p.m., at Stated Bobbitt Bldg., 11-703 Central Ave. Meet-up enjoy a free cup of coffee while children play in the playroom.

Baby Talk at SPL
Fridays, 10:00 a.m., at Alice Turner branch, Mondays, 12:30 a.m., at Carlyle King branch, and 10 West Branch, and Tuesdays, 10:30 a.m., at Cliff Wright branch. Half-hour singing and rhymes, then mingle with other parents.

Outreach, Outreach: Mega Kids Sale
April 12, 8:00 a.m. to 2 p.m., and April 13, 10 a.m. to 1 p.m., at PointeInd Park. The sixth week annual children's consignment sale. Anything kids use can be found at this sale.

Reuse & Recycle Crafts
April 12, 1 p.m. to 4 p.m., at Menawau Valley Castle. Drop in and make crafts from items as many used and recycled items as possible. For information call 306-665-6888.

Craft and Story Time
Saturdays, 3 p.m., at Indigo Books, 3033 44th St. E. in the kids section.

Engineering for Kids
April 12, 11 a.m. to 1 p.m. and 3 p.m., at the Children's Discovery Museum. Engage with junior and apprentice classes for kids ages four to 11. Must register online at engineeringforkids.net/saskatoon for the proceeds go to the Children's Discovery Museum.

Something on Gardens
Sundays, 2 p.m. to 4 p.m., at the Mendel Art Gallery, 1040 Tealwood Cres. E. Free family fun for ages four to 12, as well as a city art walk. Art-making activities led by gallery artists. Supplies are provided. April 13, School Art reception following building School Art party hats.

Postnatal Yoga
Mondays, 12 p.m. to 1 p.m., at Pregnancy and Parenting Health Centre, 248 Third Ave. S. Beginner to intermediate yoga designed to help with postpartum recovery. Baby-friendly class with a certified yoga teacher. Suitable for four weeks to two years postpartum. Register at www.postnatalyoga.com/postnatal-yoga-class-saskatoon. Free class until holidays.

Prenatal Yoga
Mondays, 6 p.m. to 7 p.m., at Pregnancy and Parenting Health Centre, 248 Third Ave. S. Taught by a doula and certified yoga teacher. Informative and safe for any stage in pregnancy. Call 306-251-0643 or email pregnastyle@gmail.com. No class on start holidays.

Drop-In Playground
Mondays to Fridays through May, 9:00 a.m. to 11:00 a.m., at Hank Rys Soccer Centre, 215 Princess Dr. An indoor public playground with mile-in toys, sporting equipment, tramp and bobs for children up to age six. Free and drinks are welcome, but the building is pay-per-use.

Bobbitt Bobbitt Book Playroom
Mondays to Fridays, 10:30 a.m. to 4:00 p.m. and late night Thursdays, at Bobbitt Bldg., 11-703 Central Ave. With a vet clinic, kitchen and shoeing centre, puppet theatre, stage and crafts. To book groups, or to use the facility, call 306-384-4791 or email bbobbb@bobbitt.ca.

Hugapop
Tuesdays, 9:30 a.m. to 11:30 a.m., at Grace Westminster United Church. Hosted by Patricia Heavens Learning Community, a group of families enjoy play, toddler photographs. Preparation is aimed at children ages two to five, but all ages are welcome.

Stay and Play
Tuesdays and Wednesdays, 9:30 a.m. to 11:30 a.m., September through April, at Louisa St. Community Church. For children up to age five. Semi-structured, crafts, snacks, story time, toys, activities. Email stayandplay-saskatoon@outlook.ca or visit the Facebook page.

BRICKS & KIDZ! Saskatoon Reader after-school programs, preschool classes and camps for kids of all ages at various locations in Saskatoon. An atmosphere for students to build unique creations, play games, and have fun using LEGO® bricks. Visit www.brickskidz.com or call 306-979-3749.

Take Advantage of our Best Boogie Price!

Register before midnight April 10th to qualify for EARLY BIRD PRICING

| INDIVIDUAL & TEAM ADULT RATES | EVENT | until APRIL 10 | until MAY 8 |
|-------------------------------|-------|----------------|-------------|
| | | | |
| | 2 km | \$15 | \$20 |
| | 5 km | \$30 | \$35 |
| | 10 km | \$45 | \$50 |

| INDIVIDUAL & TEAM STUDENT RATES <small>(Must be present)</small> | EVENT | until APRIL 10 | until MAY 8 |
|---|-------|----------------|-------------|
| | | | |
| | 2 km | \$10 | \$10 |
| | 5 km | \$20 | \$25 |
| | 10 km | \$30 | \$35 |

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SUNDAY, JUNE 8, 2014

The StarPhoenix
Bridge City BOOGIE 8
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REGISTER ONLINE TODAY!
www.bridgecityboogie.ca



Watch for the 8-week in-paper training program starting Monday, April 14th in The StarPhoenix!

EDGES

What you need to know to plan your week.
Send events to bridges@theatraphoenix.com

Preschool Story Time
Tuesdays and Fridays, 10:00 a.m. to 11 a.m., at McNelly Industries, 3100 10th St. N. For children ages three to five in the Circle of Trust. Call 366-855-1077.

Howie's Place
Tuesdays and Wednesdays, 9:15 a.m. to 11:15 a.m. at McNelly Valley United Church, 327 Pinehouse Dr. For children up to age five. Email cmehs@mcnellyvalley.ca.

Saskatoon Public Library Preschools
Ongoing daily programs for children and families. Find the calendar at saskatoonlibrary.ca/children/0186.

SPECIAL EVENTS

Saskatoon Regional Science Fair
April 9, 9:15 a.m., at the U of S Education Building. Scientific demonstrations presented by students from Grades 5 to 12. Visit sask.ca/scifair.

2010 Red Cross Day of Pink
April 9 in Saskatoon. Celebrate respect and take a stand against bullying. Near park, walk, sing, parade and join in park rallies at all day. Visit saskatoon.ca/Think5K.

Canadian Light Source (CLS) Public Tours
Thursdays, 1:00 p.m., at 4:00 p.m., at the Canadian Light Source, 44 Innovation Blvd. This synchrotron research facility is open for the public. Registration is required. Call 306-533-3054 or email outreach@cls.ca or visit www.lightsource.ca/education/public_tours.php.

Speech Reading and Information for the Hand of Hearing
April 9, 2:30 p.m. to 3:30 p.m., at Saskatchewan Deaf and Hard of

Hearing Services, 3-51 First Ave. N. Hosted by the Hand of Hearing Association. For information call 366-248-1302.

ITEP Poetry Anthology Launch
April 10, 6:30 p.m., in the faculty lounge at the U of S Education Building. Presented by the Indian Teacher Education Program (ITEP). Launching *Where the Dream ITP Creative Writing, 2005-2010*. Poetry readings by some of the 126 poets, book signings, books for sale and refreshments.

Burt's Buzz
April 10, 7 p.m., at Broadway Theatre. PAVED Arts' ongoing documentary series. Burt Schwartz, founder and (dis)abled friend of the all-musical personal care band Burt's Buzz is highlighted in this portrait of a highly intelligent creative pioneer. With director Judy Shapiro in attendance.

2010 Budget, Health and Star Dinner
April 10, 6 p.m., at Parliament Park. Hosted by the Rotary Clubs of Saskatchewan. A dedicated service to the Saskatoon Police Service, Saskatoon Fire & Protective Services, and Emergency Medical Services. Featuring Eric Louzon, Deputy Minister of Health Services, and Chaiwekai. Tickets at parks.ca. Proceeds support the Restorative Action Program and the Rotary Clubs of Saskatoon.

Grow Saskatoon Workshop
April 11-11 in the community hall at Cathedral of the Holy Family, 123 Nelson St. Learn about how community-based food systems can help build healthy communities. Tickets at grow.ca.

United in Song
April 11, 7:30 p.m. at Third Avenue United Church. The

Saskatoon Children's Choir's spring concert. Choral folk music from Canada and beyond our borders. Tickets at McNelly Robinson or at the door.

Saskatoon Tattoo Expo
April 11-12 at The Island Park. With The Other Guys admission at the door. Visit saskatoonexpo.ca.

But a Move for Breast Health
April 12, 9 a.m., at the Saskatoon Field House. A fitness fundraiser with six fitness classes for all fitness levels. A joint initiative of City Hospital and BUI Foundations. Register at www.butmove.ca.

Bridal Shop and Show
April 13, 10 a.m. to 6 p.m., at Confederation Mall. Flower ladies will share their experiences, offer tips and have pretty laid wedding items for sale.

Meets for Hope
April 13, 10 a.m. registration, 11 a.m. to 12 p.m. meals at Skidmore 20 West, 1300 20th St. W. Presented by the Canadian Women's Foundation. Hosted by Heather Maitland. An all-day workout for all fitness levels, led by GoodLife Fitness, and a meal will support local charities for women and children, and prevention programs in Saskatoon that break the cycle of violence. Register at canadianwomensfoundation.ca.

Puzzling Pieces Jigsaw Puzzle Competition
April 13, 1 p.m. to 4 p.m., at The Centre Mall. Hosted by Autism Services of Saskatchewan. Awareness event. Teams compete for prizes in a race to complete a jigsaw puzzle. Register call 366-863-1013.

Patluck Supper



Saskatoon Soup actors Tim Fruskin, Steven Adams, Joshua Brandy and Jeff Rogers, doing their comedy act on the Broadway Theatre stage on April 9. saskatoonphoto.ca photo by Steve Renard.

April 12, 9 a.m., at Downtown Legion, 606 Spadina Cts. W. Bring a dish and your family for a meal community meal.

Fire and Fury
April 12, 7:30 p.m., at TCU. Saskatoon Symphony Orchestra's Dyer Mastron. Series featuring several Sexual Assault With works by Mastron, Kaskatonia and Thebesky. Tickets at tourists.ca.

Alexcor's Third Annual Florida Lottery Raffle
April 12, 7:30 p.m. to 12 a.m., at Cosmo Senior Centre, 604 18th St. E. Presented by Alexcor Spanish Preschool and Kindergarten Inc. Featuring drawing, live music, a cash bar and a silent auction. This is a 7th-annual. Contact alexcorfestival@gmail.com.

Modern Women Show & Exhibition
April 12, 9 a.m. to 10 p.m., and April 13, 9 a.m. to 5 p.m., at

Prattland Park. A women's trade show. Retail and consumer merchandise, food, fashion shows, seminars and demonstrations. Visit modernwomen@saskatoon.com. A portion of proceeds will go to the Crisis Shelter and Red Cross and to help with YWCA programs.

Saskatoon Martin Chorus
April 13, 2:30 p.m., at Green-Woodminster United Church. Their spring concert. Tickets at McNelly Robinson, 366-220-881.

The Many Sounds of Spring
April 13, 3 p.m., at Zion Lutheran Church. The Canadian singing choir music ensemble. Tickets at McNelly Robinson, www.zionlutheran.ca, 366-373-8926.

Gunservations
April 13, 7 p.m., at Third Avenue United Church. The Saskatoon Youth Orchestra's spring concert. Featuring

solos: Anna Hansen, conductor; Anna Popovikova, and Stefanie Winkler. With works by Gilliland, Copland and Tchaikovsky. Tickets at picnic.com or McNelly Robinson.

THEATRE

Short Cuts Two-Minute Play Festival
April 11-12 at The Refinery. Presented by Harp Arts. Eighteen playwrights, actors and directors collaborate on this fast-paced festival. Rehearsal in 10 minutes; your life can change in 30. Followed by a reception. Tickets at 366-853-5101, anthboards.ca.

Saskatoon Soaps
April 11, 10:30 p.m., at Broadway Theatre. Tim Inglewood comedy troupe brings laughter to this stage.

David Robinson's Blues, comedy act with opening bridges. www.davidrobinson.ca

SHARP EATS

See a food trend you think deserves a highlight in Bridges?
Email bridges@thestarphoenix.com
or visit Bridges on Facebook

#SASKATCHEWAN FOOD TRENDS

Tea time: Cafes bring European ritual to the Prairies

By Jenn Sharp

Drinking tea is such a pleasant ritual, and one I think should be incorporated more often into the day.

Alongside the growing coffee culture (people who appreciate a well-crafted cup made from quality beans), the tea trend has been focusing for years. As much as that on a recent weekend in Vancouver I stood upon the Old Hare Tea Bar. The tea room was huge and looked lovely, with each variety served in a dedicated the complex ritual of their tea-making skills at a long bar for customers who had taken time out from a busy day for a cuppa.

It's fitting then, that as I write this, I'm sipping a cup of tea from a teapot in Saskatoon — a coffee bar and coffee roaster — that makes a mean cup of tea.

This has been around for centuries, and the ritual is definitely many who would not consider themselves trend setters for drinking the beverage. For those who are just discovering it, tea drinking is like entering a whole new (and much more relaxed) world.

In Regina, the Vintage Tea Room and Purveyor of British Goods is a cheery respite from the daily grind. Owners Doug and Karen Hendon have created an inviting atmosphere that feels like you're sitting in their living room.

Over 30 teas are on offer and all are reasonably priced (a small pot is \$3.75, a large is \$5). It's all served in authentic British tea sets, most of which were donated or sourced by Karen at flea markets.

A rotating selection of desserts are always available (English not for pudding in the best-seller), along with soups, sandwiches and British favourites like cheese and haddock picnic sandwiches.

The tea room of the tea room is also stocked to a small range of imported foods from the United Kingdom. A rare portrait of Winston Churchill occupies a different wall, while one of the Royal Family during their 1958



Tea time at Vintage Bird Release and Café. BRIDGES PHOTOS BY MICHELLE PERRO

went to Canada to see another.

For special occasions or a delightful afternoon out with friends, Victorian (\$18.95) or Royal Teas can be enjoyed. Both include finger food

such as scones, Devon cream, jam and assorted pastries. The Royal Tea (\$21.95) is served on the finest silver tea service and china.

Continued on Page 30



The Vintage Tea Room stocks over 30 tea varieties. BRIDGES PHOTOS BY MICHELLE PERRO

SHARPEATS



The pretty add-ons are on hand at Little Bird. Photo by MICHELLE HARRIS



Antique cups abound at The Vintage Tea Shop. Photo by MICHELLE HARRIS

It's a popular place and is often full to capacity even the soon after I visited one afternoon for a peek of the Cream Bird Grey and found the Birdies doing a brisk business then as well. It's probably because the couple makes you feel right at home — just what you need to really enjoy a spot of tea.

A new call in Southeast is mostly one of the prettiest places in the city. Kim Butler and Tasha Atkins opened Little Bird Pastries and Cakes in December. The kitchen is built here in a modern and vintage touches, like the red Victorian style sofa in the corner, work seamlessly with table runners contained within tray ornate plate frames. Floor to ceiling weathering windows let the space in natural light all day long.

Undoubtedly Little Bird's menu does a large display case where all the house-made European pastries, from tarts to cakes and macarons, are laid out in all their glory. The French style macarons have quickly become so popular you have to get there early in the day if you want to try one.

The reason I love this place so much though is the big tea menu wall. Butler like me, is a coffee drinker. A "tea" doesn't sit heavy; she would be loving high quality teas to Southeast along with a beautiful place to drink them. Little Bird's tea is from Belton Tea Addict; a company that specializes in artisan blends, all organic and without artificial flavors.

I tried the House De l'Inde, a tropical blend of green tea, passion fruit, rose and starfruit. Once summer arrives, Little Bird will be making non-alcoholic ice cocktails with fresh passion. And after a British high tea service Little Bird is offering for Mother's Day, watch for future Parisian moon-style events.

Oh yes, there's also coffee at Little Bird — French press or pour over — but no espresso. It was a connoisseur's choice, says Butler. There are a lot of excellent coffees in the neighborhood already, all of which make a mean cup of coffee. Little Bird is sticking to what it's good at and that's just fine by me.

Find The Vintage Tea Shop at 400 Broad St. in Regency. Wild Bird Pastries and Cakes is at 201 Ave. B South. There's street scenes or take a walk through the Anthology House Collection store.

Photo by MICHELLE HARRIS

Photo by MICHELLE HARRIS

WINE WORLD

#LOCAL WINE SCENE

Valpolicella: a comfort wine to soothe the soul

By James Romanow

A friend of mine was once going through a particularly nasty bit of online bullying by elderly females. I told him to let it go, and to return here. He's always Valpolicella. He wrote back to say he was opening a bottle that night.

Valpolicella is one of the pillars of the Italian wine industry. It is grown on a little side of from Veneto's famous Verona, a town widely known for Shakespearean crowd drinking. The altitude is about 500 metres above the sea. The climate has warm days and cool nights and great dress up, all of which make for perfect grape growing.

The vineyards in question are primarily red wine, malvases and corvina with a couple of other even more obscure grapes thrown in. The wine tends to be tremendously smooth, with a black cherry palate, and less herbs than you find in other Italian wines. The acidity is lacking and the finish tastes slightly of better almonds.

These days the wine is almost rare. In fact there are only three on the shelves and only one Classico, by Bolla. A winemaker gets a permit for turning Valpolicella into ripasso and Amarone, and then is home harvesting the rest of the wine produced.

Valpolicella is an inexpensive model wine. It isn't selling for a great deal of a bottle, it is



rather a decent sort of wine, that understands occasionally you just need to relax and enjoy yourself. If your goal is to trace out black currant notes in the palate find one, but that's not the point. This is a comfort wine.

In short this is probably one of the most soothing red wines to drink with pretty much anything from toast to sauce to steak.

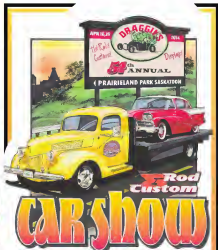
Both Valpolicella, Italy 2012 \$14 ***

More great wines on Monday's paper and on Twitter @jdrobow.

Crossword/Sudoku answers

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| 6 | 8 | 4 | 9 | 1 | 2 | 5 | 3 | 7 |



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